



# City of Meriden, Connecticut

## DEPARTMENT OF HEALTH & HUMAN SERVICES

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### Meriden Department of Health and Human Services Guidance for Celebrating Halloween

As fall approaches, families start to plan for the upcoming holiday season, beginning with Halloween. Since some of the traditional ways in which this holiday is celebrated do not allow for the minimization of contact with non-household members, it is important to plan early and identify safer alternatives. The Meriden Department of Health and Human Services would like to share information on how to take part in this holiday in a manner that reduces the risk of spreading COVID-19. Since some of the traditional ways in which this holiday is celebrated are not recommended this year, consider some safer alternatives that are listed below.

<ul style="list-style-type: none"><li>• In lieu of in-person house parties, host virtual Halloween events, e.g. virtual costume contests.</li></ul>	If you do decide to trick or treat this year:
<ul style="list-style-type: none"><li>• Host drive-by Halloween events, e.g. neighborhood or town-based house decorating.</li></ul>	
<ul style="list-style-type: none"><li>• Prepare candy scavenger hunts at homes with your household members.</li></ul>	
<ul style="list-style-type: none"><li>• Have a Halloween movie night with the people in your household. Call our Public Health Educator at 203-630-4288 for a movie list and pack of microwave popcorn.</li></ul>	
<ul style="list-style-type: none"><li>• Traditional trick-or-treating is a high risk activity. Instead, the CDC and CT DPH recommends participating in one-way trick-or-treating where goodie bags or a large bowl of candy are placed outside of your home for families to grab and go while continuing to social distance.</li></ul>	
<ul style="list-style-type: none"><li>• If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.</li></ul>	
<ul style="list-style-type: none"><li>• For people who choose to hand out candy:<ul style="list-style-type: none"><li>✓ Before you answer the door, make sure your face covering is in place over your nose and mouth, wash or sanitize your hands before answering door.</li><li>✓ Remain six feet from the Trick-or-Treater.</li><li>✓ Place the candy inside the child's bag for them instead of having them take it from the bowl themselves.</li></ul></li></ul>	
<ul style="list-style-type: none"><li>• Homes providing candy may set up hand sanitizer stations outside or parents/guardians can pack a travel bottle of their own.</li></ul>	
<ul style="list-style-type: none"><li>• Parents/guardians should limit the number of homes their children visit.</li></ul>	
<ul style="list-style-type: none"><li>• It is not recommended to trick-or-treat with people outside of your household.</li></ul>	
<ul style="list-style-type: none"><li>• Remain six feet away from people outside your household at all times.</li></ul>	
<ul style="list-style-type: none"><li>• All trick-or-treating participants should wear a mask or face covering while outside at all</li></ul>	



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times:

- ✓ A costume mask (such as for Halloween) is not a substitute for a cloth or surgical mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and does not leave gaps around the face.
- ✓ Do not wear a costume mask over a protective cloth or surgical mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.
- ✓ Do not wear a costume rubber mask over another face covering of any kind.

### Personal Protection Measures<sup>1</sup>:

Regardless of how you choose to celebrate Halloween, it is important to keep the following in mind:

1. Correctly wear a cloth face covering to prevent disease spread<sup>1</sup> when outside your home and around others that are not part of your household. Halloween masks are not a substitute for a surgical mask or three layered cloth mask.
2. Avoid confined spaces – actively stay away from indoor spaces that do not allow for easy distancing of at least 6ft between you and others.
3. Avoid close contact – stay at least 6 feet away (3 or more adult steps) from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.
4. Wash or sanitize your hands often.
5. Clean frequently touched items regularly.
6. If you are sick, or you have been in contact with someone who is sick with COVID-19 or has symptoms of COVID-19, stay home and away from others.

### Know Where to Get Reliable Information:

**City of Meriden:** <https://www.meridenct.gov/covid-19-information/>

**State DPH Halloween Guidance:** <https://portal.ct.gov/DPH/Communications/Guidance/Connecticut-Halloween-Guidance>

**Centers for Disease Control and Prevention (CDC) Guidance:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html>

<sup>1</sup>Wear masks with two or more layers to stop the spread of COVID-19. Wear the mask over your nose and mouth and secure it under your chin. For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>